

Dealing with (and Learning from) making a mistake

1. When you make a mistake, you can tell yourself,



"It's OK to make a mistake. Mistakes help me to learn."



2. After a mistake, do one or more of the following:

- a. **Say you are sorry if your mistake made someone else upset.**

SORRY!



- b. **Try it again** until you get it right.



- c. **Ask for help...use the word, "...because..."**



3. Try to learn from your mistake. Answer the question: ***"What can I do differently the next time?"***



How do we learn most things in life?

- Through a Teacher, Coach, or Parent
- Watching Others
- Reading
- ***Trial and Error*** ←



We learn from all these methods, but mostly from ***Trial and Error***. Basically, we NEED to make mistakes in order to really learn.

| Some examples of things that I learned to do because of <i>Trial and Error</i> | Some examples of things that I could learn to do (better) if I allow myself to keep trying (<i>Trial</i>) and to make mistakes (<i>Error</i>) |
|---|--|
| | |